



# Veteran Sport & Rehabilitation Project

## Helping the danish wounded soldiers to get back on track in life through sport

Being able to participate in sport has proved to be an important part of the rehabilitation of veterans towards a good and meaningful life lived in different circumstances than before their injury.



<b>Location</b>	Denmark
<b>Organisation</b>	The Danish Sports Organisation for the Disabled and Paralympic Committee Denmark
<b>Start-end date</b>	2011-2016
<b>Target group</b>	Soldiers who have been physically wounded in an international mission under the Danish armed forces
<b>Reach</b>	In 2014, over 50 veterans who have returned home with physical injuries to date
<b>Partners</b>	Danish Military Sports Organization (DMI), The Danish Sports Organisation for the Disabled (DHIF) and the NOC and Sports Confederation of Denmark (DIF)
<b>Key facts</b>	85% of the participating veterans believe that, in the next 10 years, sport will continue to play a big role in their lives.
<b>For inspiration</b>	<a href="http://www.dhif.dk/document/default.asp?documentID=452&amp;id=1021">www.dhif.dk/document/default.asp?documentID=452&amp;id=1021</a>



## Summary

The programme of the Danish Sports Organisation for the Disabled and Paralympic Committee Denmark (DHIF) aims to help those who have been physically wounded in their job as a soldier in the Danish armed forces. In order to include as many wounded veterans as possible, the programme introduced the veterans to a variety of sports to let them try new things and learn. A number of camps have been organised both in Denmark and abroad, including the Summer Paralympic camp as an introduction to all the summer Paralympic sports; the adventure camp, to show veterans that an active life in and with nature is still possible after a big injury; and the Alpine Winter camp to introduce veterans to snow sports. A central part of the programme is the weekly training sessions that take place at the Sports Centre at the Svanemøllen Barracks in the city of Copenhagen. In addition to practising sport, the training has also provided an opportunity to establish new social relations. Multiple additional activities and trips that have been organised include the unofficial Danish Championship in wheelchair basketball, participation in the New York Marathon 2011, sledge hockey in Sweden, sailing activities and the Sports Centre weekend at the Svanemøllen Barracks.

## Keys to success

### A personal need-based approach

During the early stages of the development of the programme, the project manager personally visited all of the eligible veterans to discuss their history of sports participation and their thoughts of participating in sport after the injury. These conversations were the key to the development of the various project activities and put the needs of the veterans at the heart of the programme.

### A two-phase programme

The programme was set up in two distinct phases. From 2011 to 2013, the programme focused on establishing a network of club activities with the participation of at least 50% of eligible veterans in daily sports activities and motivating veterans to participate in DHIF's competitions and tournaments. From 2014 to 2016 the programme will continue to support veterans who have acquired a permanent physical injury to take up sport, but also increase focus on sports development with the ultimate goal to have one to three physically injured veterans to compete in the European and World Championships, as well as the Paralympic Games in Rio in 2016.





## Sport for All objectives

### Promote sport and physical activity

The main aim of the programme is to motivate physically injured veterans to resume and continue an active sports life after completing their physiotherapy, with the ultimate objective to develop Paralympic athletes in a range of disciplines.

### Improve public health and well-being

An important part of rehabilitation is learning to physically and mentally cope with the disability and new way of life. Of the participating veterans in the programme, 78% believe that participating in sport has provided them with new insights into the opportunities they still have despite their handicap.

## How is the programme communicated?

The programme has been widely reported on in the national media in the form of interviews, a documentary and articles about the project or parts of the project. In addition, the programme is featured on the website of the Danish Sports Organisation for the Disabled.

## How is the programme evaluated?

The programme has been evaluated in an extensive report called “When sport gets serious”. The most important outcome is that more than 80% of the evaluation participants say that the project has made positive impact on the overall satisfaction of their own lives. In 2015, a seminar will be organised focusing on the rehabilitation of the injured soldiers to share knowledge between multiple stakeholders across national borders. This event will be a catalyst for discussing the programme’s future in the Royal Danish Army and the veteran centre after 2016.

“Sport sets new goals for the veterans and via the activities they become involved in, they develop new self-understanding regarding their own limits and strength and what they are actually able to achieve despite their handicap. Their eyes have been opened up to how almost everything is possible, if only they approach things in a new way.”

Rune Oland Larsen – Project Manager  
(Danish Sports Organisation for the Disabled)



## Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world's adolescent population is insufficiently physically active (World Health Organization). Let's reverse the trend and get moving.



### Promote sport and physical activity

Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world's population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.



### Improve public health and well-being

Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.



### Support active societies

Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.



### Provide equal access to sport

Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.



### Foster Olympic legacy

The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

## Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

**Get inspired** by more than 45 projects around the world

**Learn more** about best practices with our toolkit

**Create your project** based on proven academic research and experience of organisations

**Share your experience** and lead the way to inspire more projects

**Connect with a vast network** fueled by inspired partners

### Find more information

- Sports and Active Society Programmes
- A Guide to Implementation
- [www.olympic.org](http://www.olympic.org)
- [activesociety@olympic.org](mailto:activesociety@olympic.org)